

VIC brings a smile back to Bernard

VETERAN Bernard Munton is now enjoying the company of comrades thanks to joining VIC.

The 94-year-old from Milnrow recently lost his wife of 70 years, but thanks to making new friends through VIC, he is now getting out and about again.

Outreach Worker Steve Butterworth said: "I have recently spent a fair amount of time with Bernard, listening to his wartime experiences in the Middle East with the Royal

Signals and looking at the many photos he took along the way.

Bernard has now been to the Rochdale Breakfast Club for several weeks and enjoyed a tour of the Town Hall courtesy of the Rochdale Mayor Councillor Ian Duckworth, who is also ex-Signals.

Steve said: "This is why I do what I do. Thanks to those who make it possible."



Bernard also popped into the Sandbag Café in

Heywood and the Rossendale Armed Forces and Veterans' Breakfast Club in Haslingden where he met fellow Royal Signals' veterans Bill Ogden, Lewis Banham and Bill Pearson along with RAF veteran Doug Hocken, 90, and veteran Royal Welsh

Fusilier Dougie Farrington, 92.

At the Rossendale club, as well as making new friends, Bernard and the veterans enjoyed entertainment provided by Dougie along with Keith Walmsley and Alan Willetts.

Project Worker Jaqui Collins said: "It is lovely to see Bernard so happy.

"The first time I spoke to him he was in tears and he was

crying about his wife. When he went to the breakfast club and Steve organised for him to have a tour of the town hall; he loved getting to sit in the big chair."

Heywood Middleton and Rochdale Circle, which now operates the voluntary driving scheme for the area, contacted VIC about Bernard to see if the organisation could help.



Soil appeal for veterans' Helmshore allotment

AN APPEAL is being made for soil to fill large raised beds that have been created at VIC's allotment in Helmshore.

Operations Manager Bob Elliott and veteran Alan Willetts worked hard to move almost a tonne of bark chippings around the site.

Bob said: "We made three large raised beds out of donated machine crates which have now been recycled.

"Other pallets that we had

donated from Bacup company J and J Ormerod are being used to create a fence around the site.

"We will then be working in partnership with Stubblelee Community Greenhouses who will be providing crops for the veterans to grow.

"If anyone can donate any soil they can contact VIC on 01706 833180."

The allotments will be managed by Outreach Worker Steve Butterworth and member Andy Greaves.

Event to mark end of war

AN EVENT to mark the end of the First World War was held at the Apnar Ghar Centre in Rochdale.

Outreach Worker Steve Butterworth was invited to the event, called Standing Together, which brought together different faiths and



cultures who had fought alongside each other.

Steve was asked to speak about the work of VIC and some of his own experiences.

Councillor Tamoor Tariq, Bury Armed Forces Champion, was present and also representing VIC was

Project Worker
Jaqui Collins and
Volunteer Outreach

Worker
Liz Davies.

Free fly fishing

A FREE fly fishing lesson is being offered to veterans.

Transport to the venue in Harrogate will be arranged and those attending will be asked for £6 to cover the cost of fuel.

Operations Manager Bob Elliott said: "We were kindly donated fly fishing tackle previously owned by the late father of our former trustee Diane Owen. This will be a good opportunity to put it to good use."

To book a place contact 01706 833180.

Bob Ross class

OUR hugely popular Painting in the style of Bob Ross class is already full for March with names being taken for a reserve list.

The 23rd class will be held on Saturday March 31 and it will start early at 9.30am to enable Arts and Crafts Co-ordinator Darren Horsnell time to also attend the first day of the VIC art exhibition in Accrington.

To add your name to the reserve list contact 01706 833180.

Art sale now on

A HUGE range of art materials is currently being offered at reduced prices at the VIC Centre. In stock are materials from Winsor & Newton, Reeves, Bob Ross and Derwent.



ACCRINGTON's outreach has been successfully relocated to the ground floor of the town's Market Hall. It is held every Monday and is run by Volunteer Outreach Worker Carole Mills.



WALKERS completed a trek of around eight miles in Barnoldswick on a lovely day, however recent bad weather meant the ground was muddy underfoot. The next walk will be on April 19 leaving the centre at 9.30am for a seven mile walk up Musbury Tor and High Moss, Helmshore.

Mindfulness course

VETERANS are invited to join a two-day mindfulness course at the VIC Centre in Haslingden and anyone who is in receipt of benefits or a pensioner can attend the course for free.

The course is suitable for all, no matter what the personal circumstances. A minimum of 10 attendees are required. Contact the centre on 01706 833180.

Exhibition opens

ARTWORK created by members of VIC groups will go on display in the Haworth Art Gallery in Accrington.

The exhibition will be opened on Saturday March 31 at 11.30am and will run until May 20 concurrent with an exhibition to mark the Centenary of the Royal Air Force.

Work on display has been produced by the art group that meets at the VIC Centre, the group at Jubilee Court sheltered accommodation along with the Bob Ross classes.

Museum tour

A TWO-hour guided tour around historic Helmshore Textile Museum has been arranged for March 28.

The social inclusion trip, at 1.30pm, needs a minimum of 10 to attend and to book your place contact 01706 833180.



First Aid training



SEVEN staff, volunteers and veterans completed a one-day emergency first aid at work course.

VIC member John Watters, from First Aid North West, delivered the course which dealt with everything from applying bandages to putting a patient in the recovery position.

Three people will also be attending a three-day first aid at work course in May.



Woodworking course

A SIX-week woodworking course is being run by veteran Dave Jodrell at the VIC Centre on Thursdays.

The course aims to teach participants how to sharpen and use a range of chisels safely

and produce a piece of work by the end of six weeks.

Sessions run from 10am to 3pm with tools, wood and refreshments provided.

For more information or to book onto the next course

contact Amanda Walton via email amandawalton@vic.org.uk or call 01706 833180.



Helping hand

VETERAN Lee Robertson was delighted when members helped to build a screen at his home in Colne to store his bins.

Lee, who is in his 70s was unable to do the work due to his health, but a small works party from VIC of Guy Walker and Phil Mills helped out.



Liz Henson
Photography

VIC member Alan Willetts, who last December earned a place in the Invictus Choir, is now busy in rehearsals for a number of very important engagements.

On April 12, the choir will be singing at the International Bomber Command Centre in Lincoln.

The choir will also perform at a moving concert, which will include poetry, at the Royal Albert Hall in

London for a commemoration on October 10 to mark the end of the First World War.

He rehearses at Catterick Barracks, North Yorkshire, and Tidworth Garrison in Salisbury.

Former Royal Engineer Alan said: "Through Help for Heroes Band of Brothers, I am also going to be given the opportunity to take part in an archeological dig and I have been given a camera and am having lessons in its use."



Curry night

DELICIOUS curries were savoured when members of VIC and veterans from Colne Breakfast Club were guests of the Bombay Lounge in Barrowford.

In total 20 veterans and members attended, including a full mini-bus from VIC, and an excellent time was had by all.

Singing engagements

SINGERS are making sure they are in fine voice for the start of the new season.

VIC Singing Group will be performing at the opening of Clod Lane Park in Haslingden on Saturday March 24 followed by the first supermarket gig on Saturday March 31 at Asda in Rawtenstall.

On Saturday April 21, the group will be in Tesco, Bury. Volunteers are needed to help collect while the singers entertain.



ROSSENDALE

All activities are held at the VIC Centre, Bury Road, Haslingden, BB4 5PL, unless otherwise stated.

Outreach Service

MONDAY-FRIDAY

10am-3pm

To book a home appointment call 01706 833180.

MONDAY

Crafty Chatters

10.30am-12.30pm

WEDNESDAY

Community Arts and Crafts

10am-noon

Art Class

2pm-4pm

Jubilee Court, Jubilee Road, Haslingden, BB4 4DD.

THURSDAY

Rossendale Citizens' Advice (weekly)

by appointment only

Singing Group (weekly)

6.30-8.30pm

TUESDAY AND FRIDAY

Art Group and drop-in

10.30am-3.30pm

SECOND SATURDAY

Veterans' Breakfast Club

10am-12-30pm

Bumbles' Cafe, Haslingden Community Link, Bury Road, Haslingden BB4 5PG

Walking Group

Walks will be held on alternate **THURSDAYS**, weather permitting. Log on to VIC Facebook page to see where the next walks will be.

Outdoor Activities

Log on to our website and follow the link on *Projects and Activities* to see what we have planned and how to book a place. A full leaflet is available.

Positive Art

Our art shop is now based at the VIC Centre, Bury Road, Haslingden, BB4 5PL, contact 01706 833180 for details.

HEYWOOD, MIDDLETON AND ROCHDALE

The Sandbag Cafe and drop in TUESDAY

10am-noon

Sandon House, Taylor Street, Heywood OL10 4EF.

TUESDAY AND SOME FRIDAYS

11am-3pm

Allotment, Lattig Crescent, Langley, Middleton M24 4LU.

Call Tony 07534 381723.

THURSDAY

9.30-10.30am Rochdale Breakfast Club, Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon

VIC Outreach

1 Riverside, Rochdale OL16 1UB.

THURSDAY

11.30am-1.30pm

Lighthouse Project, Unit S6b/c Middleton Shopping Centre, Limetrees Road, Middleton M24 4EL.

Walking Group

Walks will be held on alternate **THURSDAYS** and are combined with Rossendale.

HYNDBURN

Outreach Service

MONDAYS

1-3pm

Ground floor, near cafe, Accrington Market.

VIC – 01706 833180

Contacts

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Outdoor Activities Co-ordinator Ivy Limbrick

ivylimbrick@vic.org.uk

Singing Group Bookings Barry Hyde

barryhyde@vic.org.uk

Combat Stress Helpline

0800 138 1619

NHS Military Veterans Psychological Therapies Service (NW)

0161 253 6638

The Royal British Legion

0808 802 8080 7 days a week 8am - 8pm

SSAFA

email Lancashire@ssafo.org.uk

01772 260 462

Rossendale Citizens' Advice

0300 456 2552 Mon to Fri 10am-4pm

The Samaritans

01706 830999 Freephone 116 123

Mental Health Helpline

0800 915 4640 Mon to Fri 7pm - 11pm Sat &

Sun 12 noon to 12 midnight

Royal Air Forces Association

01772 426930

Veterans UK Free Helpline

0808 1914 218

East Lancashire Single Point of Access via GP or self-referral

01282 657116

Bolton Armed Forces Centre 4 Veterans

www.ba4v.org 01204 776628

PENDLE

Outreach Service

10am-noon

MONDAY - first week only

Place de Creil, near Wilkos, Nelson.

MONDAY - second week only

Market Place Car park, Town Square Colne.

MONDAY - third week only

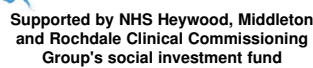
Town Square, Albert Road, Barnoldswick.

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www.vic.org.uk

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